



# WINTER 2018 UPDATE



Happy New Year from the O2 family!

We're so excited to start off 2018 with a winter schedule packed with fun Seattle shenanigans, silly learning, and plenty of snowy adventure. We can't wait to see you by the fireside!

Before we dive into the events, we are thrilled to welcome Emily Sutton back from her maternity leave! Baby Lily is healthy, cheerful, and far too busy for naps. She was the world's sweetest flower girl at Emily and Brandon's Halloween wedding. Our first Central workshop, a planning party, is a great chance to come catch up with her and look forward to the coming seasons! As we welcome Emily back, we gratefully bid Matt Busch a fond farewell as he moves on to his next adventure. He's contributed so much knowledge and joy to our community, and we look forward to him tagging along on some 2018 events as a volunteer!

Looking through our calendar, the first thing you'll notice is that *we have changed the name of North-End to **Central*** to reflect where our pickup locations and the majority of our participants reside. During our Wednesday after-school workshops, you're sure to experience all sorts of quirky, fun activities across our city. Central events range from cooking, money talks, and journaling to karaoke, scavenger hunts, and an escape room. The South-End is taking on environmental art, secret spots of Seattle, vertical gardening, a college series, and a chocolate tour.

Make sure to sign up early for our special events this season, including a mid-week snow day, and a 4-day Advanced Wilderness First Aid certification course during mid-winter break. And as we take part in the fun Seattle offers us, we're also giving back to our communities through our service projects. This season, these include a youth-led Martin Luther King Jr. march through the city, and getting our hands dirty at an urban farm.

On Wednesdays and weekend overnight trips alike, you'll get tons of opportunities for winter favorites such as snowshoeing, ice skating, and of course, snowball fights. As with all of our activities, you don't need any experience or special gear to join in the fun!

You can sign up for any of the events with Elise (Central) or Jai (South-End). **If you sign up for an event, please keep track of the date and confirm that you are able to attend as it approaches.** These events are in high-demand, so failure to communicate with us might mean your spot goes to another participant.

**We are so excited to see you at our upcoming events! Sign up now for our next adventure!**

◆◆◆ Bob, Matt, Emily, Jai, & Elise ◆◆◆

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Jai Hillard	206-423-3460
Elise Adams	206-423-1501
Bob Warner	206-760-3839
Emily Sutton	206-390-1018

[www.seattle.gov/parks/teens/o2](http://www.seattle.gov/parks/teens/o2)  
Join our group on Facebook!



# ◆◆ January ◆◆



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Winter Break: No School</i>	2 <i>Back to School</i>	3	4	5	6
7	8	9	10 Central <b>Planning Workshop</b> <i>Page 5</i> ----- South-End <b>Karaoke</b> <i>Page 7</i>	11 <b>SOS Snowboarding</b>	12	13 JOINT Service Project  <b>MLK Jr. Walk for Freedom</b>  <i>Page 10</i>
14	15 <i>MLK Jr. Day: No School</i>	16	17 JOINT <b>Ice Skating</b>  <i>Page 5</i>	18 <b>SOS Snowboarding</b>	19	20 South-End Overnight  <b>Portland Trip</b>  <i>Page 9</i>
21 South-End Overnight  <b>Portland Trip</b>  <i>Page 9</i>	22	23	24 JOINT <b>Indoor Rock Climbing</b>  <i>Page 5</i>	25 <b>SOS Snowboarding</b>	26	27 Central Day Trip  <b>Snow Tubing</b>  <i>Page 9</i>
28	29	30	31 Central <b>Snow Day Extravaganza!</b> <i>Page 5</i> ----- South-End <b>Chocolate Tour</b> <i>Page 7</i>			

Workshop pick-up time: 3:00—3:30 p.m.  
 Workshop drop-off time: by 7:30 p.m.  
 Weekend trip pick-up time: 9—9:30 a.m.  
 Weekend trip drop-off time: by 8 p.m.

**Contact us to sign up for events!**  
 Elise Adams (Central) | 206-423-1501  
 Jai Hillard (South-End) | 206-423-3460  
[www.Facebook.com/groups/O2program](https://www.Facebook.com/groups/O2program)



# ◆◆ February ◆◆



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>SOS Snowboarding</b>	2	3
4	5	6	7 Central <b>Money Talks</b> <i>Page 5</i> ----- South-End <b>Vertical Gardening</b> <i>Page 7</i>	8 <b>SOS Snowboarding</b>	9 Central Overnight <b>Leavenworth Cabin Adventure</b> <i>Page 9</i>	10 Central Overnight <b>Leavenworth Cabin Adventure</b> <i>Page 9</i>
11 Central Overnight <b>Leavenworth Cabin Adventure</b> <i>Page 9</i>	12	13	14 Central <b>Karaoke</b> <i>Page 5</i> ----- South-End <b>Environmental Art</b> <i>Page 7</i>	15 <b>SOS Snowboarding</b> Make-up Day	16	17 South-End Overnight <b>Mt. Rainier Cabin Trip</b> <i>Page 9</i>
18 South-End Overnight <b>Mt. Rainier Cabin Trip</b> <i>Page 9</i>	19 Mid-winter Break No School	20	21 Central <b>Urban Compass Scavenger Hunt</b> <i>Page 6</i> ----- South-End <b>Secret Spots of Seattle</b> <i>Page 8</i>	22 JOINT <b>Advanced Wilderness First Aid Course</b> <i>Page 10</i>	23 JOINT <b>Advanced Wilderness First Aid Course</b> <i>Page 10</i>	24 JOINT <b>Advanced Wilderness First Aid Course</b> <i>Page 10</i>
25 JOINT <b>Advanced Wilderness First Aid Course</b> <i>Page 10</i>	26	27	28 Central <b>Exploration &amp; Discovery</b> <i>Page 6</i> ----- South-End <b>Downtown &amp; Klondike Museum</b> <i>Page 8</i>			

Workshop pick-up time: 3:00—3:30 p.m.  
Workshop drop-off time: by 7:30 p.m.  
Weekend trip pick-up time: 9—9:30 a.m.  
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# ◆◆ March ◆◆



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Central <b>Pacific Science Center</b> <i>Page 6</i> ----- South-End <b>UW Tour</b> <i>Page 8</i>	8	9	10 Central Overnight  <b>Camano Island Cabin Trip</b>  <i>Page 9</i>
11 Central Overnight  <b>Camano Island Cabin Trip</b>  <i>Page 9</i>	12	13	14 Central <b>Cultural Food Festival</b> <i>Page 6</i> ----- South-End <b>Financial Aid</b> <i>Page 8</i>	15	16	17 South-End Overnight  <b>Fort Worden &amp; Port Townsend</b>  <i>Page 9</i>
18 South-End Overnight  <b>Fort Worden &amp; Port Townsend</b>  <i>Page 9</i>	19	20	21 Central <b>Observation, Journaling, &amp; Storytelling</b> <i>Page 6</i> ----- South-End <b>Science Center &amp; Laser Show</b> <i>Page 8</i>	22	23	24
25	26	27	28 Central <b>Escape Room</b> <i>Page 6</i> ----- South-End <b>Scholarships</b> <i>Page 8</i>	29	30	31 JOINT Service Project  <b>Urban Farming</b>  <i>Page 10</i>

Workshop pick-up time: 3:00—3:30 p.m.  
 Workshop drop-off time: by 7:30 p.m.  
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[www.Facebook.com/groups/O2program](http://www.Facebook.com/groups/O2program)



## Pick-ups and Drop-offs:

- ◆ Look for the green Parks & Rec van at:
- ◆ **Rainier Community Center**—3:00 p.m.
- ◆ **Garfield Community Center**—3:30 p.m.
- ◆ **Return to Rainier CC/Garfield CC by 7:30 p.m.**

## Wednesday, January 10 | Planning Party

Come out to welcome Emily back to O2 from maternity leave and share ideas for future programs! We'll discuss possible events for the spring and summer calendars. It will be a great chance to reconnect with other O2 participants and get ready for the exciting winter season.

## Wednesday, January 17 | Ice Skating

Have you been ice skating before? We're heading to the rink to try out a "cool" sport and work on our skating skills. What better way to get into the winter spirit than getting out on the ice? As with all O2 programs – no experience is necessary!

## Wednesday, January 24 | Indoor Rock Climbing

Winter weather doesn't mean rock climbing needs to end! Give indoor rock climbing a try and you'll be surprised how high you can climb. Beginner and advanced climbers welcome.

\*\*\**West Seattle Health Club Waiver Required—Page 13*\*\*\*

## Wednesday, January 31 | Snow Day Extravaganza!

Snowshoes are neat pieces of equipment that allow people to walk across snow fields without sinking. O2 Central will be taking advantage of the day off by snowshoeing in the Cascades. Join us on this great trip to experience a winter wonderland! Text Elise to sign up!

**Pick-ups: Rainier CC 9:00 am , Garfield CC 9:15 am**

## Wednesday, February 7 | Money Talks

Are you saving for something? Maybe you want to buy a car, go on a trip, or save for college. In this "Money Talks" workshop we'll discuss goals, tips and tricks for putting some "bang in your buck" and making your money go further. Be smart about your saving!

## Wednesday, February 14 | Karaoke

If you've been on a O2 adventure, you know how much we like to sing! Come show everyone the star within at our karaoke workshop. We'll head to Round 1 in South Center and will take requests from hundreds of songs. Belt it out solo, join your friends in a chorus or just come to enjoy the show!



### **Pick-ups and Drop-offs:**

- ◆ Look for the green Parks & Rec van at:
- ◆ **Rainier Community Center**—3:00 p.m.
- ◆ **Garfield Community Center**—3:30 p.m.
- ◆ **Return to Community Centers** by 7:30 p.m.

### **Wednesday, February 21 | Urban Compass Scavenger Hunt**

Get outside during your mid-winter break on this wild adventure race through the city! Work with your teammates to decipher clues, follow directions, learn more about your city, and claim some awesome prizes.

### **Wednesday, February 28 | Exploration in Discovery**

Foster your appreciation for culture and nature in this adventure through Discovery park! We will start with the history of land and people at the Indian Cultural Center, and then venture out into the forest for a night hike. You can expect fascinating stories, fun games, deep thoughts, cold weather, and hopefully some nocturnal critters.

### **Wednesday, March 7 | Pacific Science Center**

Ignite your curiosity with a trip to the Pacific Science Center! The PSC is one of the premier sciences museums in the area. They have tons of exhibits and shows that will keep you entertained for hours! After the visit, we'll find a nice place to relax and enjoy some good food.

### **Wednesday, March 14 | Cultural Food Festival!**

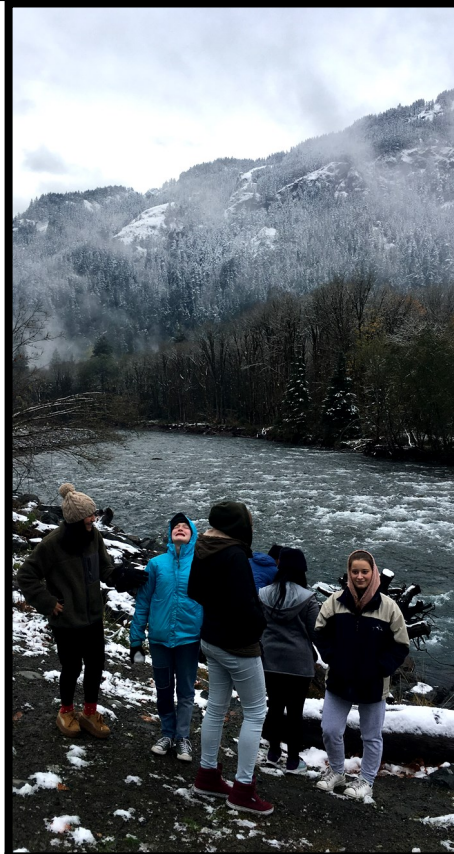
Join us for some worldly fun in the kitchen! In this workshop, we will be taking a culinary trip around the world, exploring different cultural traditions with our taste buds.

### **Wednesday, March 21 | Observation, Journaling, and Storytelling**

What did Frida Kahlo, Leonardo DaVinci, and Albert Einstein have in common? They all kept a journal. In this hands-on workshop, we'll each receive our own journal and use it to explore how curiosity-driven observation can uncover the mysteries of the world and help us tell our truth.

### **Wednesday, March 28 | Escape Room**

If you've never done an escape room before, you must try it out! Trapped in a room, the group will be guided through solving puzzles and cracking codes in attempt to break out and free ourselves.





### Pick-ups and Drop-offs:

- ◆ Look for the white Parks & Rec van at:
- ◆ **Camp Long**—3:00 p.m.
- ◆ **Jefferson Community Center**—3:15 p.m.
- ◆ **Rainier Beach Community Center**—3:30 p.m.
- ◆ **Return to Community Centers** by 7:30 p.m.

### Wednesday, January 10 | Karaoke

Warm up those vocal chords and belt out your favorite tunes! South-End is going to kick off the season with one of our most often requested events—karaoke! This is guaranteed to be a workshop full of music, laughs, and silliness.

### Wednesday, January 17 | Ice Skating

In this joint workshop, we'll spend the evening at a local ice rink. Come learn how to ice skate and have fun with your fellow O2iens!

### Wednesday, January 24 | Indoor Rock Climbing

Winter weather doesn't mean rock climbing needs to end! Give indoor rock climbing a try and you'll be surprised how high you can climb. Beginner and advanced climbers welcome.

\*\*\*West Seattle Health Club Waiver Required—Page 13\*\*\*

### Wednesday, January 31 | Chocolate Tour

Come check out Theo's chocolate factory with this super fun tour. We will learn about the history of chocolate, how it is made on site, and sample as much delicious chocolate as you can eat!

### Wednesday, February 7 | Vertical Gardening

Do you want to start a garden, but don't have space? Vertical gardening units are compact, versatile, and creative. Come to our workshop to create your own mini-garden of fruits and vegetables for your home.

### Wednesday, February 14 | Environmental Art

Art is all around us and it can be created from everything we see outside. Trees, rocks, plants, snow, and even rain can be the building blocks for a masterpiece. We will spend the afternoon learning



## Pick-ups and Drop-offs:

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- ◆ **Camp Long**—3:00 p.m.
- ◆ **Jefferson Community Center**—3:15 p.m.
- ◆ **Rainier Beach Community Center**—3:30 p.m.
- ◆ **Return to Community Centers** by 7:30 p.m.

## Wednesday, February 21 | Secret Spots of Seattle

O2 will travel off the beaten path to explore some weird spots of our great city. The tour will end with a trivia contest and prizes to the winners!

## Wednesday, February 28 | Downtown Seattle Exploration & Klondike Museum

Let's explore our historical downtown together, eat great food, and learn about the early days of Seattle. We will end our exploration with a guided tour of the Klondike museum and National Park site.

## Wednesday, March 7 | UW Tour

March Madness isn't just for basketball. O2 will be doing a series of workshops to give you information about attending and paying for college. Want to experience college life? We'll go on a tour of campus, learn about the history of UW, and eat in the dining hall. This will be a great opportunity to see Seattle's most prestigious university!

## Wednesday, March 14 | Financial Aid

With a college education becoming so expensive, we have to ask ourselves, "how will I pay for college?" Come learn about the different types of financial aid, how to apply, and other valuable tips.

## Wednesday, March 21 | Pacific Science Center & Laser Show

The O2 program will head to the Pacific Science Center for a fun day of playing and learning. After exploring science exhibits, we will go to the Laser Show. Please dress warm and plan to return slightly later than usual.

## Wednesday, March 28 | Scholarships

Did you know that there are scholarships for outdoor enthusiasts? O2 will round out our college series with a presentation on the wide range of scholarships that exist, where to find them, and how to craft a strong application.





# OVERNIGHT TRIPS

## Pick-ups and Drop-offs for Trips:

CENTRAL students meet the green Parks van at:

- ◆ **Rainier Community Center**—9:00 am
- ◆ **Garfield Community Center**—9:30 am
- ◆ **Return to Community Centers** by 8 pm

SOUTH-END students meet the white Parks van at:

- ◆ **Rainier Beach Community Center** –9 am
- ◆ **Jefferson Community Center** – 9:15 am
- ◆ **Camp Long** – 9:30 am
- ◆ **Return to Community Centers** by 8 pm

## CENTRAL TRIPS

### Saturday, January 27 | Snow Tubing Day Trip

Stick your bum in a big donut and spend the day sliding down the slopes! We'll depart at the normal weekend pick-up times, and spend a day up in the mountains, eating food, and having some snowy fun! We will return by 6:00 pm. \*\*\**Summit Tubing Waiver Required—Page 14*\*\*\*

### Friday-Sunday, February 9-11 | Leavenworth Cabin Adventure

Come along for this multi-day adventure in the mountains around Leavenworth! By day, we will play in the winter wonderland; by night, we'll curl up with some hot cocoa by the fire in some cozy cabins. **Pick-ups FRIDAY: Franklin HS 4:00 pm, Garfield CC 4:15 pm**

### Saturday-Sunday, March 10-11 | Island Cabin Adventure

Seattle is located near dozens of cool islands and we're heading north to check one out! Camano Island is named after a Spanish explorer and we'll do some exploring of our own. Get outside for a weekend of fun and learning.



## SOUTH-END TRIPS

### Saturday-Sunday, January 20-21 | Portland Trip

Join O2 for an overnight trip to our eccentric neighbor to the south – Portland! We will stay in a state park, explore the city and surrounding areas, and learn why everyone wants to “Keep Portland Weird.”

### Saturday-Sunday, February 17-18 | Mt. Rainier Cabin Trip

On this adventure, we will stay in a cozy cabin and take day trips to Mt. Rainier National Park. Plan for a fun day on the snow covered mountain and take a train ride through the forested landscape.

### Saturday-Sunday, March 17-18 | Fort Worden & Port Townsend

Come explore one of the most interesting historical spots in Washington as we visit Port Townsend. Port Townsend is on the Olympic Peninsula, one of the most beautiful places in the nation! We will be travelling by ferry during peak gray whale-watching season, and with luck we'll spot some!

### Pick-ups and Drop-offs for Service Projects:

CENTRAL students meet the green Parks van at:

- ◆ **Rainier Community Center—9:00 am**
- ◆ **Garfield Community Center—9:15 am**
- ◆ **Return to Community Centers by 6 pm**

SOUTH-END students meet the white Parks van at:

- ◆ **Rainier Beach Community Center –9 am**
- ◆ **Jefferson Community Center – 9:15 am**
- ◆ **Camp Long – 9:30 am**
- ◆ **Return to Community Centers by 6 pm**



### Saturday, January 13 | MLK Jr. Walk for Freedom

Join us as we honor a great American leader and champion of the Civil Rights movement with a youth-led march and peaceful demonstration in Seattle. The event provides food, live music, and a safe, fun way to stand up for justice in our community!

### Thursday-Sunday, February 22–25 | Advanced Wilderness First Aid Course

Thursday–Sunday 8:30 am–2:00 pm at Camp Long. Lunch will be provided.

**Pick-ups:** Rainier Beach CC 8:00 am, Jefferson CC 8:15 am, Camp Long 8:30 am; Garfield CC 7:45 am, Rainier CC 8:00 am

Wilderness First Aid provides certified training in how to be safe, treat injuries and survive independently in remote areas. There are not many classes that you can take that may save a life: this is one such class. It is a four day course from Thursday – Sunday. Spaces are limited and provided on a first-come first-served basis.

### Saturday, March 31 | Urban Farming

Beacon Food Forest is a large community garden where everything is edible! Come help out with final preparations for the spring gardening season, learn about what it takes to maintain a garden and grow your own food within the city, and earn service hours while having fun!





## WINTER 2018

**Central | ELLA PANKOWSKI**

Ella is new to the O2 program this year, and couldn't be more of a fun, welcoming, and genuine community member! She's been to almost every single event since joining the program, and always shows up ready to learn, laugh, and grow. Ella is a perceptive team player with a heart of gold, and is constantly engaged in activities, reaching out to folks she hasn't met yet, and lending a helping hand—even without being asked. We're so excited to have her on board, and can't wait to go on many more adventures with her in the years to come!



Thank you Ella for all of the smiles and enthusiasm you bring to the program!

**South-End | AUDBREY CAMAGONG**

Audbrey has been an integral part of O2 since she joined 3 years ago. She is always the first to volunteer to help when it is needed, and is always warm and welcoming to our new participants. Audbrey has participated in numerous workshops, trips, and is a 2-year veteran and superstar of our rock climbing programs. We are immensely proud to have Audbrey in our program and look forward to seeing what she will accomplish in the next few years!



Thank you Audbrey for everything you have done for our community!



## 1. Rainier Community Center

4600 38<sup>th</sup> Ave. S, Seattle, WA  
(206) 386-1919

*Bus lines:* 7, 9

*Directions from the corner of Rainier and Alaska:*

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

*Meeting Location:* Meet the Parks van in the parking lot of the community center.

## 2. Garfield Community Center

323 E Cherry St, Seattle, WA  
(206) 684-4788

*Bus Line(s):* 3, 4, 48

*Directions:* The Community Center is located on the corner of E. Cherry St and 23rd Ave.

*Meeting Location:* Meet the Parks van in the community center parking lot on East Cherry Street.



## 3. Camp Long Environmental Learning Center

5200 35<sup>th</sup> Ave. SW, Seattle, WA  
(206) 684-7434

*Bus lines:* 21, C Line

*Driving Directions From I-5:*

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35<sup>th</sup> Ave SW. Follow 35<sup>th</sup> Ave. SW past Alaska St. Turn left on SW Dawson St.

*Meeting Location:* Meet the Parks van in the parking lot in front of the Camp Long Lodge.

## 4. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA  
(206) 684-7481

*Bus lines:* Light Rail, 36

*Driving Directions From I-5:*

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

*Meeting Location:* Meet the Parks van in the parking lot of the community center near the front entrance.

## 5. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA  
(206)-386-1925

*Bus Lines:* 106, from downtown: 7

*Driving Directions:* Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

*Meeting Location:* Parking lot in front of the community center.





WEST SEATTLE HEALTH CLUB, LLC  
RELEASE OF LIABILITY & AGREEMENT NOT TO SUE FOR CLIMBING WALL  
OR ANY OTHER INDOOR OR OUTDOOR ACTIVITIES

**CLIMBER INFORMATION**

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
HOME PHONE (\_\_\_\_) \_\_\_\_\_ WORK PHONE (\_\_\_\_) \_\_\_\_\_  
EMERGENCY CONTACT'S FULL NAME \_\_\_\_\_  
DAY PHONE#(\_\_\_\_) \_\_\_\_\_ EVENING PHONE#(\_\_\_\_) \_\_\_\_\_

**PLEASE READ BEFORE SIGNING**

I, \_\_\_\_\_, am aware that rock climbing, or climbing any artificial rock wall, is a hazardous recreational activity and that while certain skills, equipment, or personal disciplines might reduce these risks, all of these indoor or outdoor activities are inherently dangerous and possess many significant threats including but not limited to the risk of cuts, burns, punctures, fractures, or more serious injuries such as paralysis or death. In consideration of being allowed use of the climbing facilities and participation in programs at West Seattle Health Club:

- I agree that I will not sue or make any claim against WEST SEATTLE HEALTH CLUB, or it's employees, agents (paid or volunteer), or contractors, for any loss, injuries, or damages resulting from participation in rock climbing, artificial wall climbing or any other indoor/outdoor activities at, or associated with WEST SEATTLE HEALTH CLUB.
- I agree that WEST SEATTLE HEALTH CLUB it's employees, agents, or contractors will not be held responsible for any loss, damage, or injury to me, my heirs, or assigns, resulting from any cause, including negligence.
- I agree that any equipment, which I provide, or borrow or rent from WEST SEATTLE HEALTH CLUB during any climbing or other indoor/outdoor activity, I shall use at my own risk. I understand and agree that WEST SEATTLE HEALTH CLUB shall not be held liable for any loss, damage, or injury resulting from the use of said equipment. WEST SEATTLE HEALTH CLUB makes no warranties pertaining to safety of said equipment.
- To the fullest extent allowable by law, I agree to RELEASE, INDEMNIFY AND HOLD HARMLESS WEST SEATTLE HEALTH CLUB, its employees, agents, volunteers, and contractors from any actions or claims brought by myself, family members or any other person(s), including but not limited to my heirs, assigns or personal representatives for any loss, injury or damages sustained during and resulting from participation in rock climbing, artificial wall climbing or any other indoor/outdoor climbing activities at or through WEST SEATTLE HEALTH CLUB including any loss, damage or injury resulting from use of the equipment or climbing wall or during any climbing programs or activities.
- The terms agreed to in this release shall also be binding upon myself and any other persons, including all family members, heirs, executors or administrators and includes any minors who may accompany me. I understand this is a binding contract which supersedes any other agreements or representations, but it is not intended to assert defenses which are prohibited by law.
- I am of legal age and competence to sign this release, or my parent or guardian has read and signed this release.

I agree that, of my own free will, I am voluntarily participating in this activity or any instruction related to this activity with full knowledge of the dangers implicated and hereby agree to accept complete responsibility for my own safety, and accept responsibility for all risks or dangers involved, even if arising from negligence of the WEST SEATTLE HEALTH CLUB. **I HAVE READ CAREFULLY AND THOROUGHLY THIS ENTIRE AGREEMENT, AND I UNDERSTAND ITS CONTENTS AND EVERY WORD AND TERM IN IT AND VERIFY THAT I AGREE TO THE ENTIRE AGREEMENT BY SIGNING BELOW OF MY OWN FREE WILL.**

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

If I am signing on behalf of a minor, in addition to the terms above, I agree to RELEASE, HOLD HARMLESS AND INDEMNIFY WEST SEATTLE HEALTH CLUB, and it's employees, agents, volunteers, or contractors for any claim the minor may bring. I agree to be solely responsible for any medical, legal or other expenses incurred by the minor.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## THE SUMMIT TUBING CENTER

### LIABILITY RELEASE, ACKNOWLEDGEMENT OF RISK & HAZARDS & AGREEMENT NOT TO SUE

1. I agree to **RELEASE, FOREVER DISCHARGE, INDEMNIFY, DEFEND AND HOLD HARMLESS** Ski Lifts, Inc., DBA The Summit at Snoqualmie®, for all loss or damage I may cause to this equipment, except for reasonable wear and tear to the equipment.
2. I understand there are numerous risks and dangers inherent in snowtubing, including but not limited to: continually changing weather conditions and the tube riding surface, bare ground, banks, the use of the equipment and lifts, falling out of moving snowtubes, and a multitude of other risks inherent in snowtubing as well as collisions with other participants and spectators, or any of the objects included in this release. Further, I understand that there may be other risks not known to me or reasonably foreseeable at this time. I hereby assume any and all risks of property damage, personal injury or death arising from my participation in snowtubing.
3. I acknowledge I have been given the opportunity and have been encouraged by Ski Lifts, Inc. to inspect the facilities/tube tows/course PRIOR to signing this release. Initials: \_\_\_\_\_
4. In consideration of being permitted to use *The Summit at Snoqualmie®* snowtubing facilities, I hereby freely and expressly assume and accept the responsibility for any and all risks of injury, death and/or property damage while participating in snowtubing, or while present on Ski Lifts, Inc., premises, and I agree to **RELEASE AND FOREVER DISCHARGE, INDEMNIFY, DEFEND AND HOLD HARMLESS** Ski Lifts, Inc., its parent, subsidiary and affiliated companies, their respective agents, officers, directors, owners, contractors, volunteers, employees, insurers, and real personal property owners (collectively, the "Releasees") from any and all claims I might bring as a result of physical injury, including death, and/or property damage sustained in connection with my use of *The Summit at Snoqualmie®* Tubing Center, its equipment, or any other equipment, and Releasees' premises and facilities **INCLUDING CLAIMS BASED ON NEGLIGENCE OR BREACH OF WARRANTY.**  
  
I am fully aware of and accept all risks, hazards and dangers associated with using the Releasees' facilities and I am fully responsible for any and all damage or injury of any kind that may result from my use of the Releasees' facilities. I promise not to bring a claim against or sue the Releasees and agree that if anyone is physically injured or property is damaged while I am using the Releasees' facilities, I will have no right to make a claim or file a lawsuit against the Releasees regardless of how or by whom or by what the personal injury, death and/or property damage was caused. I also agree to indemnify and defend the Releasees for any and all claims, including subrogation and/or derivative claims, brought by any third party or insurer, for injury or damage I may cause.
5. This document is a legally binding contract and supersedes any other agreements or representations by or between the parties and is governed by the laws of the State of Washington. It shall be interpreted to provide as broad and inclusive a release of liability as is legally permissible, but is not intended to assert any claims or defenses that are prohibited by law. I agree that exclusive jurisdiction and venue for any legal action against the Releasees shall be in the courts of King County, Washington, and such courts shall have personal jurisdiction. If any part of this agreement is determined to be unenforceable, all other parts shall still be given full force and effect.
6. I hereby grant permission to the Releasees to use my and/or my child's image(s), picture or other likeness(es), (collectively, "Image"), whether video, digital or print, for commercial purposes or otherwise, without restriction as to frequency, duration or medium.
7. I understand that permission to use Releasees' snowtubing park, their premises and/or equipment is being given to the undersigned participant in exchange of this Liability Release and Covenant Not to Sue.
8. **I HAVE CAREFULLY READ THE FOREGOING LIABILITY RELEASE, I UNDERSTAND ITS CONTENTS, AND I AM AWARE THAT I AM RELEASING CERTAIN LEGAL RIGHTS THAT I (OR THE MINOR CHILD) OTHERWISE MAY HAVE.** I agree that this is a Release of Liability and Agreement Not to Sue, which will legally prevent me, or any other person, from filing suit or making any other claims for damages in the event of personal injury, death or property damage. I freely and voluntarily enter into this agreement. I understand that permission to use the resorts, the facilities, premises and equipment is being given to the undersigned participant (or parent/guardian) in exchange for the execution of this Liability Release and Agreement Not to Sue. I have made no misrepresentations to the Releasees regarding the name, age or any other information of myself and/or the minor child(ren).
9. This Liability Release and all its components shall survive and continue in force beyond the termination of the current season with respect to any liability, injury or damage occurring prior to such termination.

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Participant Under 18 years of Age:** As parent or guardian of the child(ren) named on this form (each, the "Child"), I have authority to enter into this agreement on behalf of the Child. I agree to indemnify, defend and hold harmless the Releasees for any and all claims whatsoever brought by the Child and all claims whatsoever brought by any third party arising in connection with the Child. I acknowledge that I have read and understand this document and am executing it on behalf of the Child, and that the Child and I will be bound by all its terms. I also agree to be responsible for medical expenses incurred by the Child.

This space is for additional minors' names in group or family:

Print Name: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



## Winter 2018 Equipment Lists

Make sure you show up to your events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Any **items with an asterisk\*** can be provided by O2 if you need them!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> <li>◆ Water bottle *</li> <li>◆ Comfortable closed-toe walking shoes *</li> <li>◆ Heavy jacket *</li> <li>◆ Waterproof jacket *</li> <li>◆ Wool or fleece sweater *</li> <li>◆ Warm layers</li> <li>◆ Gloves *</li> <li>◆ Warm hat *</li> <li>◆ Warm socks (synthetic or wool) *</li> <li>◆ 1 pair of pants</li> <li>◆ Bandana</li> <li>◆ 1 Small towel</li> <li>◆ 1 Wash cloth</li> <li>◆ Flashlight (extra batteries) *</li> <li>◆ Toiletries: soap (Ivory, if possible), tooth paste, toothbrush, comb, brush, feminine hygiene products if necessary</li> <li>◆ Medications (if needed)</li> <li>◆ Allergy medicine (if needed)</li> <li>◆ Travel size pillow</li> <li>◆ Sunscreen</li> <li>◆ Sunglasses</li> <li>◆ Lip balm</li> <li>◆ Camera (optional)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Comfortable closed-toe walking shoes *</li> <li>◆ Waterproof jacket *</li> <li>◆ Warm layers *</li> <li>◆ Towel</li> <li>◆ Sunscreen</li> <li>◆ Sunglasses</li> <li>◆ Medications (if needed)</li> <li>◆ Camera (optional)</li> <li>◆ Snacks (optional)</li> </ul>